

***“Serving Those Who Served”***

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Vol. 3 Issue 13

SEPTEMBER 2002

## *Dozen's of Wreaths Laid in Memory of Loved Ones and Comrades*



Under gray skies, a crowd of more than 250 people paid tribute to the many military heroes present at the Korean War Memorial – and to those who never returned but whose sacrifice protected the freedom of our

nation. Each came to take part in the ninth annual Korean War Veterans Memorial Wreathlaying Ceremony, held on July 27, in Olympia.

WDVA Deputy Director John Lee was joined by Major General

Nam-Pyo Park, Republic of Korea, retired, as they welcomed the audience and provided a brief history into the war which claimed the lives of 535 Washington State residents. Mandy Ma, of My Service Mind of Northwest, provided the Korean interpretation of the ceremony.

This ninth Wreathlaying Ceremony also included the unveiling of the name Captain Carson O. Thomas, recently etched onto the Korean War Memorial. Capt. Thomas' widow and three brothers attended the ceremony to lay flowers in honor of their husband and brother.

Lt. Governor Brad Owen offered greetings from Governor Locke and spoke of the honor of those who fought bravely in the Korean War. “The legacy of those

(see **CEREMONY** on page 3)



## *Olympia Veterans Services Relocates*

On Monday, July 29, 2002, the Veterans Benefits and Services section of the Washington State Department of Veterans Affairs relocated at 505 E. Union, #150 (corner of Union and Jefferson).

To file a claim for benefits, or to see an Estate Manager, it will be necessary for veterans to go to the new location, Monday through Friday, 8:00 a.m. to 5:00 p.m.

WDVA Administrative services are still located at 1011 Plum St., 2<sup>nd</sup> floor.

Contact information is as follows:

WDVA - Vet Services  
505 E. Union #150  
P.O. Box 41155  
Olympia WA 98504-1155  
♦ 360-586-1070 Olympia  
New Location  
♦ 1-800-562-2308 Benefits  
♦ 1-877-838-7787 Homes  
Admissions

## *“Bikers” Raise Money for Homeless Veterans*

Hundreds of motorcycle enthusiasts turned out to support veterans during the Salute to Veterans ride at Castle Rock on Aug. 17. The ride to Mt. St. Helen's was just part of the activities that took place that day, along with a Veterans Information and Assistance Fair and evening flat track racing that included opening ceremonies paying tribute to the nation's POW/MIA's.

Proceeds from the morning ride raised \$1,500, which the Mt.



St. Helen's Motorcycle Club presented to the Washington State Department of Veterans Affairs Homeless Veterans Program. Accepting the donation during half-time, Assistant Director Alfie Alvarado-Ramos presented the Club with a special Certificate of Appreciation, and was ecstatic to hear the club's president, Jeff Setters, announce the fundraiser for veterans was to be an annual event.

(see **BIKERS** on page 12)

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Washington State  
Dept of Veterans Affairs  
PO Box 41150  
1011 Plum St, 2nd Floor  
Olympia, WA 98504-1150

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**Governor**  
Gary Locke

**WDVA Director**  
John M. King

**Public Relations & Legislative Manager**  
Heidi Audette

**Public Information Officer**  
Colleen Gilbert

**Graphic Designer**  
Miriam Young

Call 1-877-VETS-R-US  
(877-838-7787) for an application to the veterans homes.



#### Publication Information

Please submit comments, articles and address changes electronically to:  
colleen@dva.wa.gov  
(360) 725-2180 or  
miriam@dva.wa.gov  
(360) 725-2169  
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## Managing Budget Shortfalls



Across the nation, states are struggling with budget deficits serious enough to cause complete shut-downs in state governments.

Washington State is no different. Agencies are being forced to reduce the number of employees in order to balance their budgets.

As an agency that provides 24-hour care to the state's most needy veterans, the Washington State Department of Veterans Affairs is committed to ensuring this care is not interrupted during our state's budget shortfalls.

Over the past year, WDVA has been working diligently to avoid mandatory cuts to programs and services. You may have wondered why some positions were held vacant for long periods of time without being filled. This was done to try to avoid a budget deficit that would force the agency to reduce its numbers.

While these and other cost-cutting measures have been fairly successful, other changes in the state's economy, as well as a temporary decrease in the resident

population at the State Veterans Homes, have forced the agency to make more drastic changes.

The most noticeable to veterans is the relocation of the Veteran Service Center, including the Veteran Estate Managers and Veteran Benefit Specialists. (*Information on their new location is listed on page 1.*) The Service Center move was made necessary by the consolidation of the agency's Business Office.

Previously, business functions were spread among the three homes, resulting in significant duplication of efforts and a lack of common accounting practices. This consolidation to central office will allow the agency to focus efforts on the ADL computer software system used for tracking revenues and billing. It is hoped to produce not only staffing efficiencies, but greater potential for recovering costs and generating revenues at the State Veterans Homes.

The Veteran Service Center, formerly housed in the agency's central office, will now provide greater access – including parking – to veterans and allow for the operation of a regular Service Office.

Many of you are also aware that Superintendent Bob Jones has retired from service at the Washington Veterans Home at Retsil. Because of the agency's budget situation, I have asked Deputy Director John Lee to serve as the Veterans Home Superintendent. John's presence at the Home coincides well with his role as agency sponsor of the 240-bed

construction project, and by holding a management position vacant, WDVA will also achieve a monetary savings.

Even with the many cost-cutting measures implemented over the past year the agency was forced to undergo a reduction of approximately twenty staff positions, including several that were already vacant. The Veteran Service Organizations, who partner with WDVA in providing service to veterans, have also felt the impact of the budget problems facing the agency through contract reductions.

According to economic forecasts, Washington State is facing a budget deficit as large as \$1.7 billion over the next two years. With the upcoming state legislative session, WDVA's budget concerns are likely to grow rather than diminish. Staff members at WDVA are committed to "Serving Those Who Served" and we will continue searching for innovative ways to provide those services with ever diminishing resources.

WDVA did not wait for a financial crisis to occur before we took steps to ensure we could provide services to veterans with fewer Washington state tax dollars. Our Master Plan will be of significant value to the legislature as they try to solve major funding issues for the next two years. With this information, policy makers will have the ability to make informed decisions about the future of WDVA.

*John King*

## New VAAC Members Selected

Four new members were recently appointed by the Governor to the Veterans Affairs Advisory Committee. Bill Schrier is replacing Bob Westphal, representing the American Legion. Bill Davis of the WA Veterans Home, is replacing Dale Colbert, who moved to Orting. And, Frank Gavaldon representing the American GI Forum.

Mary Jo Cahill was appointed earlier this year. She is a Red Cross volunteer currently working as Volunteer Coordinator at Madigan.



Bill Schrier  
American Legion



Bill Davis  
WA Veterans Home



Mary Jo Cahill  
Red Cross

## Sauter Receives Commendation

A letter of commendation and a plaque were recently presented to Robert Sauter, Sgt. Major USA (Ret).

On behalf of KIM, DONG SHIN, Minister of National Defense, Republic of Korea, Consulate General Byong Rok Moon read the following citation:



Consulate General Byong Rok Moon and Bob Sauter.

*"It gives me great pleasure to recognize exceptionally meritorious service you have rendered in enhancing the relationship between the Republic of Korea and the United States of America."*

*As a Korean War Veteran, you have made a significant contribution in safeguarding world freedom. In particular, after being retired from the Army, your efforts in hosting Korean War commemoration events and presenting veterans with Korean War Service Medals have been crucial for the success of the commemorative events."*





**CEREMONY** continued from page 1

who served in the Korean War remains a testimony to the spirit of this country,” said Lt. Governor Owen. “It is the spirit of each individual soldier that truly makes the history of America something to be proud of.”

Joined by Consul General of Korea Byung-Rok Moon; MG Park; and Colonel Michor Gentemann, U.S. Army, retired; Lt. Governor Owen laid Washington State’s official wreath at the memorial. A dozen more wreaths were laid by individuals and organizations in memory of loved ones or comrades who perished in the war. Following the wreathlaying, children were invited to lay flowers at the memorial. Several groups of children came forward to honor fallen soldiers from a war they are too young to understand, but one they must be taught to never forget.

A special presentation was made to Sergeant First Class William L. O’Hara. Sgt. O’Hara earned the Purple Heart for wounds received while under intense enemy fire in Korea. The medal was overlooked for 52 years, but with the help of veterans advocate Bob Sauter, the Purple Heart was finally pinned in place on his military uniform.

The ceremony was highlighted with the music of the Gospel Outreach Choir of Olympia. The Nation’s Colors were presented by the U.S. Marine Corps 4<sup>th</sup> Landing Support Battalion who also provided a formal gun salute. TAPS was played by bugler Bernie Moskowitz, officially ending the ceremony. The Korean Women’s Association and the Korean American Grocery Association provided refreshments and offered warm greetings to attendees.



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**Photo Key:**

1. Wreath presentation by Korean American Marines (page 1).
2. The official wreathlaying party.
3. Lt. Gov. Brad Owen addressing the audience.
4. Ardeth Thomas accompanied by daughter Debbie and Lt. Col. Mike Callis, McChord AFB gaze at her husband's name, Carson O. Thomas, etched on the memorial.
5. The name Captain Carson O. Thomas unveiled during the ceremony.
6. Sergeant First Class William L. O'Hara received the Purple Heart after 52 years.
7. A crowd of more than 250 people attended the ceremony.
8. A group of Chosin Few veterans present a wreath and salute their fallen comrades.
9. Several groups of children came forward to honor fallen soldiers.
10. The Nation's Colors were presented by the U.S. Marine Corps 4<sup>th</sup> Landing Support Battalion.
11. The gun salute by the U.S. Marine Corps 4<sup>th</sup> Landing Support Battalion.
12. Bugler Bernie Moskowitz ended the ceremony with TAPS.





AMVETS CELEBRATES CHARTER  
ANNIVERSARY

AMVETS National Headquarters

AMVETS National Headquarters is located in Lanham, Md., a suburb of Washington, D.C. AMVETS’ operations worldwide are administered through the Office of the National Commander and six departments: administrative, finance, human resources, legislative, membership, programs, public relations and service. The bulk of the organization’s work with veterans and communities is focused in three departments: legislative, programs and service.

AMVETS National Service Foundation

The National Service Foundation (often referred to as simply “the Foundation”) is the fund-raising arm of AMVETS. A corporate subsidiary of the parent organization, it funds a variety of programs benefiting America’s veterans and their communities. Among them is the National Service Officer Program, the Memorial Carillon Program, the Americanism Program, AMVETS scholarships, youth programs and hospital projects.

AMVETS Ladies Auxiliary

The Ladies Auxiliary is a subordinate national organization of AMVETS whose members (female veterans or relatives of AMVETS) provide a range of services and support to veterans, communities and other nonprofit organizations such as Paws With a Cause, the John Tracy Clinic and Freedoms Foundation.

Sons of AMVETS

The Sons of AMVETS, as its name implies, is a nationwide organization comprised of the sons of American veterans who are members of AMVETS. The Sons play an active role in promoting AMVETS’ legislative agenda, providing services to hospitalized veterans and supporting charitable initiatives.

Junior AMVETS

Junior AMVETS are the sons and daughters (under age 18) of AMVETS members. As a nationwide organization, “the Juniors” (as they are sometimes called) undertake projects—such as visiting a homeless shelter—that benefit veterans and communities alike.

Sad Sacks

A fun-making and honor organization comprised of AMVETS members, the Sad Sacks (who derive their name from the famous cartoon character of World War II) provide, as their chief community service project, scholarships for nurses.

Sackettes

The Ladies Auxiliary counterpart to the Sad Sacks, the Sackettes also raise funds for nurses’ scholarships.

WASHINGTON, July 23—AMVETS commemorates the 55th anniversary of its incorporation as a national veterans organization. Founded in 1944 as the American Veterans of World War II, the organization received unanimous approval from both houses of Congress for a federal charter, which was signed by President Harry S. Truman in 1947.

As the first World War II organization to be chartered by Congress, AMVETS joined the American Legion, the Veterans of Foreign Wars, the Disabled American Veterans and the United Spanish War Veterans as the only charter holders at the time.

Public Law 216, which accorded AMVETS “such provisions, privileges and prerogatives as have been granted heretofore to other national veterans’ organizations,” had its genesis in a bill sponsored by Pennsylvania Congressman Francis E. Walters. Walters’ bill, H.R. 1888, was passed by the House in May 1947, with Senate approval coming two months later.

When fighting broke out in Korea in 1950 and again during the Vietnam War in 1966, Congress amended AMVETS’ charter so that veterans of these conflicts could become members. Eighteen years later, Public Law 98-304 cleared the way for anyone who had served honorably after Sept. 15, 1940, to join the organization. Today, AMVETS members include those serving on active duty as well as national guardsmen, reservists and wartime merchant marines.

A leader since 1944 in preserving the freedoms secured by America’s Armed Forces, AMVETS provides, not only support for veterans and the active military in procuring their earned entitlements, but also community services that enhance the quality of life for this nation’s citizens.

HOW TO JOIN

The cornerstone of AMVETS membership is the local post. Varying in size from 10 members to more than 2,000 in some cases, each AMVETS post conducts programs and activities related to the state and national organization’s goals and objectives. Membership, though, is not limited to joining the AMVETS post in your hometown. In fact, there may not be a post there or you may not live close to one. In such cases, an individual may elect to become a member-at-large. Eligibility and dues information as well as membership applications may be obtained on their website <http://www.amvets.org/index.htm> or by e-mail at [amvets@amvets.org](mailto:amvets@amvets.org). In addition, a toll free number, 1-877-726-8387, can be used for membership questions, applications or services.

Source: [www.amvets.org](http://www.amvets.org)

<b>AMVETS</b> <b>Department of WA</b> 5717 South Tyler Tacoma, WA 98409 (253) 274-4465 or (253) 471-0407 Fax: (253) 475-6715	<b>MOSES LAKE - Post 5927</b> Elk’s Lodge Building 814 North Stratford Road Moses Lake, WA 98837 (509) 765-1146	<b>PROSSER - Post 99</b> VFW Post 1101 Wine Country Road Prosser, WA 99350 (509) 786-2666	<b>SPOKANE - Post 92</b> 3207 East Sprague Avenue Spokane, WA 99202 (509) 535-9193	<b>TACOMA - Post 5</b> DAV Hall 1110 North Stevens Street Tacoma, WA 98406 (253) 564-2781
<b>GEORGE - Post 777</b> 1128 Highway 283 North George, WA 98824 (509) 787-3364	<b>OLYMPIA - Post 2</b> VFW Hall 2902 Martin Way East Olympia, WA 98506 (360) 956-0477 <a href="mailto:egrav@cco.net">egrav@cco.net</a>	<b>RAYMOND - Post 896</b> 247 First Raymond, WA 98577 (360) 942-2093	<b>SUNNYSIDE - Post 3733</b> VFW Post 3482 615 North Avenue Sunnyside, WA 98944 (509) 837-3482	<b>VANCOUVER - Post 6</b> VFW Post 7824 11018 Northeast 18th Street Vancouver, WA 98684 (360) 891-7850
<b>GRANDVIEW - Post 95</b> VFW Post 6929 132 Division Street Grandview, WA 98930 (509) 882-6317	<b>PORT ORCHARD - Post 4</b> VFW Post 2669 736 Bay Street Port Orchard, WA 98366 (360) 895-1433	<b>SEATTLE - Post 3</b> Aurora Family Restaurant 8800 Aurora Avenue North Seattle, WA 98133 (206) 364-0085	<b>TACOMA - Post 1</b> 5717 South Tyler Tacoma, WA 98409 (253) 272-4465	<b>WALLA WALLA - Post 1111</b> Golden West Estates 1425 Jasper Street Walla Walla, WA 99362 (509) 529-2411 <a href="mailto:jimirwin@charter.net">jimirwin@charter.net</a> <a href="http://www.amvets-wallawalla.org/">www.amvets-wallawalla.org/</a>

# Specialized Counselors Can Help Resolve War-related Issues

## Washington State’s Post Traumatic Stress Disorder Counseling Program

Since 1984, the Washington State Department of Veterans Affairs has maintained a one-of-a-kind state-funded outreach/counseling program designed to provide confidential counseling services to veterans with war-era and Post Traumatic Stress Disorder (PTSD) related problems. As of May 3, 1991, Washington State became the first state to establish law (HB2905). This law also expanded counseling services to Persian Gulf veterans and Washington National Guard and Military Reserves activated for Operation Desert Storm. Significantly, the program also provides counseling to all war-era veterans and their family members.

Innovative outreach and treatment methods have enhanced the effectiveness of individual, couples, family, and group counseling. When needed, veterans are referred for other specialized or inpatient care. This is accomplished through a network of consultation and referral resources, which have become a model of county, state, and federal cooperation.

A recent study by an independent research firm estimates there are more than 70,000 veterans in Washington State suffering from PTSD symptoms. Currently, the state contracts with several specialized counselors to help veterans resolve their war-related PTSD readjustment issues.

## What is Post Traumatic Stress Disorder?

Traumatic events—war, combat, natural disasters, and other life-threatening experiences—have always been a part of human existence. However, the impact of these events on the survivors was not fully understood until recently.

We now know traumatic events change the survivor psychologically, biologically and socially.

While it was long-believed Vietnam veterans were more prone to PTSD, it is now apparent the culture, the times, the homecoming and the war’s outcome, all influence the way symptoms are manifested. Untreated, PTSD is highly predictive of physical illness, disrupted family life, and poor career performance. As a result, we tend to see veterans from different wars express PTSD symptoms in era-specific ways.

## What are the symptoms of PTSD?

- Most people who are exposed to sudden, dangerous and deadly events, will more than likely experience many of the following:
- Sudden reactions to noise or sudden movements (Startle Response)
  - Reliving traumatic memories
  - Hostile or suicidal feelings and impulses
  - Profound grief reactions, or no emotions at all
  - Problems with intimacy and interpersonal relationships
  - Avoidance of certain topics, movies or people related to trauma event memories
  - Hyperalert to threats to self or loved ones
  - Sleep problems, trauma dreams, and nightmares
  - Excessive need to control outcomes
  - Guilt, depression or lack of emotion
  - Concentration and memory problems
  - Trauma anniversary reactions
  - Alcohol and other substance abuse
  - Anxiety and hyperarousal
  - Martial problems
  - Employment difficulties
  - Authority problems

## Will time heal these PTSD reactions?

Experts agree the mere passage of time will not relieve PTSD. The longer one waits, the more difficult management may become. On the other hand, it is never too late to start counseling. The use of alcohol, a workaholic life style, or avoidance either increases the intensity of the symptoms or delays resolution. Often, the veteran with PTSD will risk everything before seeking help.

## WDVA PTSD Counselors

### Coordinator:

Tom Schumacher (360) 586-1076  
Fax: (360) 586-1077

### Program Consultants:

Emmett Early (206) 527-4684  
Steve Akers (425) 388-0281

### Clallam & Jefferson Counties

Paul C. Daley, Ph.D.  
P.O. Box 1655  
Port Angeles, WA 98362  
(360) 457-4357

Peninsula CMHC (360) 457-0431  
Bill Maier, M.S.W., LSW  
118 East Eighth Street  
Port Angeles, WA 98362

### Chelan, and Douglas Counties

Wayne Ball, MSW, LCSW (509) 667-8828  
104 A S. Mission St.  
Wenatchee, WA 98801

### Eastern Skagit, Whatcom & Snohomish Counties

Dennis Jones, M.A., CTS (360) 757-0490  
1853 Carol Ann PL  
Burlington, WA 98233

Steve Akers, M.S.W. , LCSW  
2731 Wetmore Avenue, Suite 220  
Everett, WA 98201  
(425) 388-0281

Tulalip Tribal Family Services  
David Fryberg, CDC (360) 651-4470  
2825 Mission Hill Rd.  
Marysville, WA 98271

Bridget C. Cantrell, Ph.D. (360) 714-1525  
1201 11th St. Suite 205  
Bellingham, WA 98225

### Franklin, Benton, Grant, Adams & Walla Walla Counties

Tim Hermesen, M.S., LMHC  
100 Vista Way  
PO Box 5475  
Kennewick, WA 99336-0475  
(509) 783-9168 FAX (509) 783-0247

114 4th Ave, (509) 764-0454  
Moses Lake, WA 98937

### Ferry, Stevens, & Pend Oreille Counties

Clark Ashworth, Ph.D.  
358 E. Birch Ave., Suite 101  
Colville, WA 99114  
(509) 684-3200

### King County

Rep.: Frank Kokorowski  
(206) 296-7656

Dwight Randolph M.A., LMHC  
613 19<sup>th</sup> Ave. E. Suite 101A  
Seattle, WA 98122  
(206) 465-1051 Pager: (253) 903-2269

Bruce Harmon M.Ed., LMHC  
Eagle/Ridge Professional Center  
1500 Benson Road South, Suite 202  
Renton WA 98055  
(425) 277-5616

Dan Comsia, M.A., M. Div., LMHC  
307 6<sup>th</sup> Ave NW  
Puyallup, WA 98207  
(253) 840-0116 Pager: (253) 589-7489

Thomas Wear Ph.D.  
4719 University Way NE, #206  
Seattle, WA 98105  
(206) 527-5382

Joan Fiset, M.A.T., M.A., LMHC  
8245 20th NE #4  
Seattle, WA 98115  
(206) 525-4606

Michael J. Phillips Psy.D.  
55 First Place NW  
Issaquah, WA 98027 (425) 656-9271

Dorothy A. Hanson M.A.  
Meridian Professional Counseling  
426 North Meridian St  
Puyallup, WA 98371 (253) 841-3297

Emmett Early Ph.D.  
4719 University Way NE, Suite 206  
Seattle, WA 98105 (206)527-4684

Stephen Riggins, M.Ed., LMHC  
613 - 19th Ave. E., Suite 204A  
Seattle, WA 98112 (206) 328-5626

Ricardo Swain, MSW, LCSW  
Counseling Services  
PO Box 7004  
Lynnwood, WA 98046  
Group only (206) 527-4684

### Kitsap & Mason Counties

James H. "Corky" Sullivan, Ph.D.  
207 Rockwell Ave.  
Port Orchard, WA 98366 (360) 876-2322

### Kittitas County

Central WA. Comp. Mental Health  
Ellen Schwannecke, M.Ed.,  
220 West 4th  
Ellensburg, WA 98926 (509) 925-9861

### Lewis & Cowlitz Counties

Darlene Tewault, M.A. LMHC  
107 N. Tower, #10  
Centralia, WA 98531  
(360) 330-2832 FAX: (360) 330-0284  
1-800-723-2832

### Okanogan County

Okanogan River Counseling  
Brian Morgan, M.S., CSOTP, LMHC, LMFT  
P.O. Box 2071  
Omak, WA 98841 (509) 826-0117

### Pacific & Grays Harbor Counties

Jack Dutro, Ph.D., LMFC (360) 537-9103  
1210 Madison St.  
Aberdeen, WA 98520

### San Juan & Skagit Counties

James L. Shoop, M.S., LMHC and  
Bill Johnson, M.A.  
Veteran Counseling Program (360) 416-7500  
1100 S. 2nd St.  
Mt. Vernon, WA 98273

### Thurston County

Bob Keller, MA, LMHC  
549 McPhee Rd.  
Olympia, WA 98501  
(360) 537-9103 1-888-537-9381

### Yakima County

Stephen A. Younker, Ed.D. and  
Duane Dolliver, M.S., LMHC, LMFC  
40th Ave. Medical Center  
1015 S. 40th Ave., Suite 23  
Yakima, WA 98908 (509) 966-7246

### State Vet Centers

Seattle Vet Center - (206) 553-2706  
Yakima Vet Center - (509) 865-3595  
Tacoma Vet Center - (253) 565-7038  
Spokane Vet Center - (509) 444-8387  
Bellingham Vet Center - (360) 733-9226



# Washington State Veterans Homes

## Washington Veterans Home Superintendent, Bob Jones, Retires



Bob Jones retired from his position as Superintendent of the Washington Veterans Home, on July 31, 2002. Jones had served as the Superintendent since July 2000. Prior to his appointment to

Superintendent, Jones held the position of Associate Superintendent and had been with WDVA for 5 years.

Following a 40 year career in the U.S. Navy as a Commander in the Medical Service Corps, Jones continued his education and completed a Bachelors Degree in Health Care Administration and a Masters in Business Administration. He then served as an Administrator for a private retirement center before joining the WDVA team.

Staff at the Veterans Home held a retirement celebration on July 30 to show their appreciation for his many contributions over the years.

## Retsil's New Superintendent



To assist with the agency's budget challenges, Deputy Director John Lee assumed the duties of the Washington Veterans Home Superintendent on

August 1st. As the executive sponsor of the Retsil construction project, Lee will be on the grounds leading the construction project.

## Prenger Selected as SVH Medical Director



Dr. Tom Prenger is a board certified family practitioner. He holds a BA in History, an MA in Political Science, and an MD degree from the University of Missouri. His residency

was completed at the University of Illinois in 1979. Prior to his present position, he was a family physician in Silverton, Idaho from 1979-1991. Currently, he works with Spokane Valley Family Medicine. As a Colonel in the Air Guard he commands the 141 MDS, Fairchild AFB, and is the senior flight surgeon. His military service includes combat service in the Vietnam War and the Southwest Asia Conflict. He is a graduate of the Air War College.

## With Sincere appreciation

7-10-02

To the staff at Retsil,

For the last eight years A.E. Eddy, "Gene", resided at Retsil. From day one he spoke highly of all staff. He enjoyed the food, and felt at home in his room with the bright green door.

For all these years he has felt comfortable and has received friendly attention, quality nursing and medical care, and thoughtful communication to family when needed.

We appreciate the very challenging work you do and we thank you for taking such good care of our Dad.

Thank you so much,  
Jeff, David and Robin

July 2002

To the Staff of the Spokane Veterans Home;

I am writing this letter today with sincere gratitude for the care that was given to my father, Hans Harder.

My father had been ill for the past 4+ years, which had given me the opportunity to observe and experience several facets of the medical community in the area. I want you to know that The Spokane Veterans Home is superior in every aspect.

Every day that I arrived at the Home, the fresh and clean atmosphere met me at the door. And, the people responsible for this were always there with a smile and kind word. They were helpful in every way and I thank them for that. This includes the laundry staff-you did a wonderful job.

I want to thank the food service staff for all you tried with Dad. As much as he loved to cook and the beautiful meals he used to prepare-I know he appreciated your hard work.

The loving care and service of the nursing assistants and the friendly manner in which they worked really meant a great deal. When families are put in these situations of having to leave a loved one, your efforts are what make it bearable for the rest of the family. You should always remember that you are the best and we will always be grateful for the service you provide.

Spokane Veteran's Home has some of the best RN's I have seen in all the facilities I have encountered. Their knowledge and understanding, their helpful attitude and gracious concern are the stress relievers for the family at home. There are several of you that make sainthood in my eyes. I will never forget your kindness.

The program director, admissions, maintenance, and the rest of the administration really are an exceptional group of people. I cannot stress enough that you ALL have renewed my faith in humanity and the goodness of people.

I believe that the common thread among those working at The Spokane Veterans Home is the "sincere" attitude shown. It is not hard to spot individuals with a fake concern and are just working a job. The personnel director should be proud of the care given in hiring and hopefully will continue to employ those that genuinely care.

God has blessed this community with The Spokane Veterans Home.

Cordially,  
Barbara Irvin and families

**Spokane Veterans Home**  
Second wing Now Open! 25 Beds Available



Are you or a loved one looking for long-term care?

If you have served in the Armed Forces, you ARE a veteran and could be eligible for care in the Spokane Veterans Home, a 24-hour nursing care facility.

- \* Medicaid/Medicare patients welcome
- \* Now accepting spouses of eligible veterans
- \* Staff physician available or attending physician may follow you

Call 1-877-VETS-R-US (877-838-7787)  
for more information, or visit our web site at  
[www.dva.wa.gov](http://www.dva.wa.gov)





Washington State Veterans Homes



The Military Order of the Purple Heart recently donated \$637.50, which is designated to go towards a shade system for the picnic Gazebo area at Orting. Currently, the home has raised \$4,500. Another \$3,000 is needed. (Right) Will Morgan, Finance Officer, Dept. of WA MOPH with Superintendent Jerry Towne.



Local Boy Scout Troops often contact the Homes inquiring about projects they can do for their Eagle Scout Badges. This year, the Eagle Scout Leadership Service Project for Kurt Lee Byrne, Jr. consisted of replacing the wood slats on 43 benches throughout the Orting campus. The scouts worked 360 man-hours cutting, staining, and installing the wood slats. Ron Sherman, McFarland Cascade and Jack Delp, Lumbermen's donated \$1,250.00 of material. Pictured are Kurt Lee Byrne, Jr. and Mike Yandle, WSH Carpenter.



The VFW Post and Auxiliary #7815 from Rockford presented this television and VCR to the Spokane facility on June 12th.

Many Thanks!

Static Tank Display Moved to New Location



Army National Guard moves the M60A3 tank from Retsil to a new location at the Armory in Kent.

The Army National Guard recently picked up and moved the static tank at Retsil, to its new location at the Armory in Kent. According to Superintendent John Lee, the tank was removed because it sat in an area needed for the construction of the new facility scheduled to be built next year. "We are in the process of removing old buildings and preparing the site for the new 240-bed facility," Lee said, "the tank also needed to be move. We had to find a new home because unfortunately, there is no other site on campus appropriate for the size and weight of the display." The M60A3 was originally donated to the home by the Department of the Army. The Washington National Guard performed the original site preparation, demilitarization, transportation and installation in May 1994.

Street Talk

With the Orting Soldiers Home Residents

What do you remember as the best thing about starting a new school year?



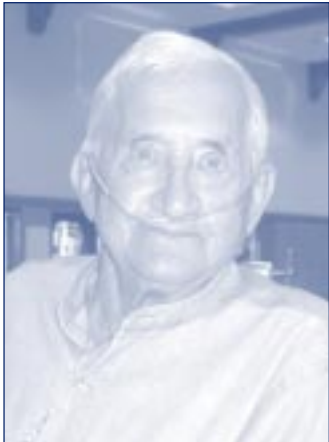
Louis Wofford: "I got new school supplies. One year I got a Lost In Space lunchbox. I loved anything to do with outer space. I especially remember when JFK was shot. I was in 5<sup>th</sup> grade and we got out early."



Charles Smith: "I hated it. I did get new school clothes, though."



Bill Holbrook: "Nothing nice about it. I can't remember anything nice. Although, I do remember there was a blond girl on the schoolbus and I never said a word to her, but I couldn't keep my eyes off her. Never did talk to her, though. Guess I do have a good school memory!"



Lyle Gee: "The girls in high school. I lived on a farm and couldn't go anywhere, so when school started, I combed my hair, shined my shoes and got all spiffed up."



Rudy Wentz: "Sports. I loved to play sports - football, basketball, baseball - I loved them all. I had to do good in school just so I could play, so that's what I did."

# Partnerships Key to Spokane's Assistance Fair Success

Spokane's Veterans Information and Assistance Fair, hosted by WDVA's Lonnie James was held at the Navy and Marine Corps Reserve Center, bringing veterans and family members together with partners in the area, including a Women's health screening van from Sacred Heart.

"The success of this fair has set the stage for future fairs," said program manager Richard Stewart. "Lonnie (veterans community service coordinator for Eastern Washington) made great contacts with veterans advocates in the area who want to work together on the next fair.

"Partnerships, that's the key to success in serving our veterans."



Navy and Marine Corps Reserve Center in Spokane hosts Veterans Information and Assistance Fair.



Women's health screening van from Sacred Heart participated in VIAF.

## Veterans Information and Assistance Fair Schedule

Date/Time	Location	Date/Time	Location
Thur, Sept 12 11am-6pm	BPO Elks Lodge #2642 143 Port Williams Road Sequim	Sat, Oct 19 10am-3pm	VVA Chapter #212 60862 Cascade River Drive Marblemount
Sat, Sept 14 9am-3pm	Carl Stevens Senior Center 411 W. 2nd Street Yakima	Sat, Oct 19 9am-3pm	Yakima Valley College 16th Avenue and Nob Hill Yakima
Sat, Sept 28 10am-3pm	Olympia Community Center 222 North Columbia Olympia	Friday, Nov 15 11am-6pm	Jefferson WSU Learning Center 201 West Patison Port Hadlock
Sat, Sept 28 10am-3pm	American Legion Post #92 26921 88th Street NW Stanwood	Sat, Nov 16 10am-2pm	American Legion Post #96 1201 1st Street Snohomish
Fri, Oct 4 2pm-7pm	Silverdale Community Center 9729 Silverdale Way NW Silverdale	Sat, Dec 7 9am-3pm	VFW Post #3617 11th and Baker East Wenatchee



### WOMEN'S WELLNESS FAIR

Saturday, September 28th, 2002  
10:00 a.m. to 3:00 p.m.  
Olympia Community Center



In honor of women who serve/served in the U.S. Military

A Veterans Information and Assistance Fair.  
Sponsored by the Washington State Department of Veterans Affairs

Questions? Call (425) 313-7666



## MILITARY TRIBUTE TO BOB HOPE

Fifty-seven years have passed since Bob Hope first entertained our country's men and women in uniform.

Whenever there was a need, Bob Hope was there. Thanks to him, hundreds of thousands of soldiers, sailors, airmen and marines have had their spirits lifted.

In 1997, by an act of Congress and signed by President Bill Clinton, Bob was made an "honorary veteran." Upon receiving the award, Bob said, "I've been given many awards in my lifetime - but to be numbered among the men and women I admire most - is the greatest honor I have ever received."

Status of the tribute  
The unified Port District of San Diego voted unanimously on November 28, 2000, to allow Taffy III to construct the Tribute. Construction will begin once startup funds are generated. The board members of Taffy III have personally funded all efforts to date.

For more information go to [www.hopetribute.org](http://www.hopetribute.org)



## Pacific NorthWest Stand-Down presents 2002 Autumn Homeless Veterans Stand-Down Event

Services include: Meals ☆ Clothing ☆ Haircuts ☆ Housing and Employment referrals  
VA Claims ☆ Medical & Dental

Date: Thursday, 26 September 2002  
Time: 9:30 am - 2:00 pm  
People's Community Center  
1602 Martin Luther King Jr Way  
Tacoma, Washington

Providing services to homeless and needy veterans in a safe environment. All needy veterans and their family members are welcome.



Additional Sponsors include:  
● Goodwill Industries of Tacoma  
● MetroParks-Tacoma  
● Pierce County Veterans Bureau  
● Salvation Army  
● Washington State Employment Security Dept  
● Washington State Dept of Veterans Affairs  
● US Dept of Veterans Affairs (VA)

NO DRUGS, ALCOHOL, OR WEAPONS ARE ALLOWED ON THE PREMISES.

For more information contact:  
Mark Mascho, Pierce County Veterans Bureau: 253-798-7449 or  
Beth Augustine, WorkSource Auburn/Renton: 253-804-1136



# In The Spotlight

*“Serving Those Who Have Served” takes on new meaning when the service provider and recipient share a similar background. At the Washington State Department of Veterans Affairs, the number of employees who are veterans ranks high, providing a personal connection with clients not always achieved in other agencies.*

*In an effort to introduce these dedicated employees, WDVA will highlight a different veteran/employee each issue.*

At 18 years of age, Bill Arthur joined the U. S. Navy and started on a training path that has continued through 30 years, culminating in his present position as Plant Manager of the Washington Soldiers Home and Colony.



Bill Arthur, Petty Officer 3rd Class

Arthur and his younger brother Henry grew up in the Pierce County system of foster care and entered the Navy in 1972 under a program called “The Buddy System.”

“We got on a plane together to go to basic training,” said Arthur, “and that was as far as we went together.” Henry was sent to Guam and Bill was sent to train as a boiler technician in the Great Lakes area.

His Navy training landed him a position as a steamfitter with DSHS after being discharged from active

duty in 1974. It continued to follow him through four years in the reserves, working as a plumber with the park service, and finally back to DSHS as a stationary engineer.

Throughout the next sixteen years, Arthur continued to grow in his field and expand his knowledge. Promotions to supervisor and acquisition of a water license led to his present position as plant manager in 1990.

“The aptitude testing done when I first entered the Navy definitely led me down the path to the work I do today,” said Arthur.

Arthur and his wife Cindie have lived in Orting for the last nineteen years, raising their four children and enjoying their life together. Not so long ago, the future wasn’t so bright for the Arthurs.

“Cindie went through a double transplant four years ago,” said Arthur. “She received a new kidney and pancreas. Today, Cindie is doing wonderful and enjoys her new life.”



Bill Arthur, Plant Manager

## Your Past Service With the Navy May Create a Cleaner Environment for the Future

On behalf of the US Navy, Foster Wheeler Environmental Corporation is conducting interviews to gather information regarding past operations at the Navy Ammunitions Depot – Puget Sound (a.k.a Bangor Annex). The area is now known as Jackson Park Housing Complex near Bremerton, WA. To further identify types and locations of hazardous substances, the Navy is seeking individuals with information about operations at the Navy Ammunitions Depot – Puget Sound. If you or someone you know worked at this site prior to 1959, please contact Steve Siefert with Foster Wheeler Environmental Corporation toll free at 1-866-600-3164.

Your experience may once again be a service to our country.



## UPCOMING DATES TO REMEMBER

September 28 10:00 a.m.

One year anniversary celebration at the Spokane Veterans Home

October 17-23

“The Moving Wall” – Washington Memorial Cemetery at SeaTac. To volunteer or for more information, contact Chuck and Pam Vitiritti at [VFWVETSNEW@aol.com](mailto:VFWVETSNEW@aol.com), or Jack Michaels at [jackmich44@hotmail.com](mailto:jackmich44@hotmail.com)

October 26

Fort Lewis visitation day at the Washington Soldiers Home & Colony

October 27

Daylight Savings Time Ends

November 9

City of Auburn Veterans Day Parade

November 11 Veterans Day

9:00 a.m. Third Annual Olympia Veteran’s Day Parade  
POC: Shaune Putas 360/459-7400

10:00 a.m. Washington Veterans Home Ceremony

10:00 a.m. Spokane Veterans Home Ceremony

11:00 a.m. Evergreen-Washelli Memorial Park Ceremony

11:00 a.m. Tahoma National Cemetery Ceremony

2:00 p.m. Washington Soldiers Home Ceremony

visit [www.dva.wa.gov/Events.htm](http://www.dva.wa.gov/Events.htm) for current list of the day’s activities and contact information.

November 17

The second annual **Veterans Appreciation Dinner** will be held at St. Martin’s Pavilion in Lacey. Tickets are \$30.00 per person or \$250.00 for a table of ten. For information contact Rick Bonnell at 360-491-4959 or e-mail [rrbonnell1@aol.com](mailto:rrbonnell1@aol.com) or Lovel Briere at 360-491-9067.

November 28  
Thanksgiving Day



December 7  
Pearl Harbor Day







# National Notes



## “VA’s Lessons for All Americans about Sept. 11”

By Anthony J. Principi, Secretary of Veterans Affairs

The war on terrorism is raging within many of us. This is part of a phenomenon that combat veterans of all wars have seen. But now large numbers of American civilians are experiencing it, too.

Those of us from the “boomer generation” grew up with the war in Vietnam. We had family and friends who went. Some of us went and were changed forever. For others, the difficulties that began with the homecoming continue today. They are still struggling toward a healthy readjustment back to their families, communities and a feeling of safety.

In decades of clinical services, compassionate care and outreach, plus government research and development, we have learned much about combat trauma. In 1979, drawing upon those years of experience, VA created the Readjustment Counseling program - commonly known as Vet Centers - to help combat veterans in their own communities. The Department of Veterans Affairs has a comprehensive system of hospital-based programs serving our nation’s veterans who suffer from combat trauma.

Now, people who were on the streets of New York City, in halls of the Pentagon, or in the fields of Somerset County, Pennsylvania, and saw the violence last year on Sept. 11 are encountering many of the problems that combat vets experience. Few, I’m sure, have related their experiences to “combat,” but they have survived an attack by a lethal enemy.

They should know that, through long

experiences treating combat veterans at the VA, we know what will work to help. In fact, support groups and specialists and entire organizations exist to help those affected to cope in a healthy way. We know that normal reactions to the experience of combat include things as simple as trouble sleeping, intrusive images, emotional distancing, problems with intimacy, heightened awareness and startle responses.

The impact on the human psyche of witnessing what happened on September 11 is enormous. It is impossible to process easily, and then neatly compartmentalize, the horror of that day. If you lost a loved one, friend or co-worker, trauma is compounded by grief. These two emotional reactions are very different experiences, but are occurring simultaneously, and without an understanding of the impact, the combination is almost impossible to cope with.

VA has for decades successfully helped veterans recognize that much can be done to help with readjustment after trauma exposure. In some cases, we have found that sitting with a trained combat veteran at a Vet Center and being in a safe place to share fears is enough to validate and then normalize reactions. In other instances, just knowing that we are not “going crazy,” that our reactions are the natural defenses of our own minds and bodies activated to protect us, is enough to provide relief.

Since Sept. 11, you may be struggling with lingering fears, you may find yourself ducking or flinching when an airliner passes overhead, you may start to sweat when you board a flight, you may find that you are shutting yourself off from those closest to you, or you may not be able to enter a high rise or

sit by a window. These are normal reactions - the responses of your mind and body to keep you safe. But they may intrude on your daily life and cripple your ability to readjust in a healthy way.

Some may fear that if they “heal,” that if their pain eases, they will stop honoring those who have died. One veteran sums his experience this way, “I see Joe in my mind often. Occasionally, I speak to him, but I know he won’t answer. Over the years, the sound of his voice has faded from my memory.”

“However, nothing has dimmed the memory of his brilliant smile and the sparkling eyes so common in vibrant young men,” this vet continues. “Because he lives only in my mind, he looks exactly like he did when I saw him last, at our high school in June of 1966.”

We do not forget. We have seen with our Vietnam veterans that they continue to honor and remember their fallen comrades, and in that way, those we love do not ever truly leave us.

If veterans are experiencing difficulties since Sept. 11, there is help available at VA. For others, help is available if they reach out to their religious leaders, doctors, counselors, teachers or social workers. Everyone can learn more about the after effects of trauma by visiting VA’s National Center for PTSD Web site at [www.ncptsd.org](http://www.ncptsd.org).

VA has learned so much from those who have been on the front lines and survived horrific events. That expertise is available to everyone who feels the effects of last fall’s attack on America. There is help. There is understanding. There are tools that can bring you back to a healthy, satisfying life.

Source: U.S. DVA News Release – August 26, 2002

## VA Study Questions Common Knee Surgery

Arthroscopic surgery for osteoarthritis of the knee has been called into question by researchers from the Department of Veterans Affairs (VA).

The research found that patients who underwent “placebo” arthroscopic surgery for osteoarthritis of the knee were just as likely to report pain relief as those who received the real procedure. This is one of the most common surgical procedures for osteoarthritis of the knee.

In the study, 180 patients with knee pain were randomly divided into three groups. One group received surgery in which worn, torn, or loose cartilage was cut away and removed with the aid of a pencil-thin viewing tube called an arthroscope. The second group underwent arthroscopic lavage, in which the bad cartilage was flushed out. The third group underwent simulated arthroscopic surgery in which small incisions were made, but no instruments were inserted and no cartilage removed.

All patients were aware at the beginning of the study that some would not receive actual surgery.

During two years of follow-up exams, patients in all three groups reported moderate improvements in pain and ability to function. However, patients receiving “placebo” surgery reported the same decrease in pain and improvement in function as the other two groups. In fact, the placebo patients reported better outcomes at certain points during follow-up.

“These VA research results cast doubt on the benefit of this common procedure,” said Dr. Jack Feussner, chief VA research and development officer. “The results have implications for the quality, safety, and costs of medical care, for VA and the rest of the nation.”

Osteoarthritis, a degenerative joint disease, is the most common form of arthritis, and typically occurs in the knee. Treatment typically involves pain-relieving medicine and anti-inflammatory drugs, along with heat-therapy and exercise. When these fail, surgery is often recommended.

Source: U.S. DVA News Release – July 10, 2002

## Spokane VA Outreach Center Among Nation’s Top 10

The Veterans Outreach Center, a project of the Spokane VA Medical Center, recently was recognized as one of the top 10 counseling centers for veterans in the nation. An external panel of experts chose the top 10 for the Department of Veterans Affairs.

The center, at 100 N. Mullan in the Spokane Valley, provides 3,900 counseling visits a year to veterans dealing with depression, stress, anxiety and post-traumatic stress disorder. It also serves veteran’s families.

Counselors from the center also travel to disaster scenes to provide help. One counselor went to New York City in the aftermath of the Sept. 11 terrorist attacks.

“We’re very proud we’re being recognized in this way,” said VA Medical Center Director Joe Manley. “We have a fine operation here.”

Source: U.S. DVA News Release - August 10, 2002



# VA Appoints WDVA Director John King to Rehabilitation Advisory Committee

Secretary of Veterans Affairs Anthony J. Principi has appointed five new members to a long-standing committee that advises him on rehabilitation programs run by the Department of Veterans Affairs (VA).

“The after-effects of military service can be painful, lasting long after a veteran has returned to civilian life,” said Principi. “This advisory committee, with the expertise of its new members, will help to ensure VA is providing the rehabilitative services that our veterans need.”

The new members are John King, Director of the Washington State Department of Veterans Affairs; Dr. Charlotte G. Dixon, chairperson of the Department of Rehabilitation and Mental Health Counseling in Tampa, Fla.; Marvin L. Meyers, president of the United Veterans Committee of Colorado; Dr. Maureen McGuire-Kuletz, assistant director of George Washington University’s Rehabilitation Continuing Education Program; and Barry A. Jesinoski, associate national service director for Disabled American Veterans in Washington, D.C.

About 2.3 million veterans have medical problems that are connected to their military service. VA offers a wide range of rehabilitative services to help them, including rehabilitation medicine, vocational guidance, vocational rehabilitation, plus specialized employment and training programs.

The members of VA’s advisory committee advise Principi on the rehabilitation needs of disabled veterans, review VA programs designed to meet these needs and offer recommendations for improvements.

The committee’s members are appointed to terms not longer than three years.

Source: U.S. DVA News Release – July 11, 2002



## 25 Most Asked Questions from Women Veterans

The most frequently asked questions from women veterans - along with the answers - can now be found on the Department of Veterans Affairs (VA) Web site. The information will soon be available in Spanish.

“These 25 questions are the ones we hear most often,” said Dr. Irene Trowell-Harris, director of the Center for Women Veterans. “Too many women veterans don’t know that they are eligible for the full range of VA benefits. Too many are unaware of special programs VA runs for them.”

Topics include the services available to women veterans; information about gender-specific services (including pap smears, mammography, and pre-natal and child care); evaluations for nursing home care; and employment options for women veterans.

The Web site, [www.va.gov/womenvet](http://www.va.gov/womenvet), offers women veterans direct access to the Center for Women Veterans where they can express concerns, ask questions and provide feedback about VA benefits and services.

Congress passed legislation in 1994 authorizing VA to establish a Center for Women Veterans. The center collaborates with other federal departments on issues related to women veterans, develops materials on VA benefits programs and health care services, and conducts outreach to make women veterans aware of these services.

Source: U.S. DVA News Release – August 22, 2002



## VHA Names New Network Director for VISN 20

On August 23, 2002, the Deputy Undersecretary for Health for Operations and Management announced the appointment of Dr. Leslie Burger as the new Network Director for the Veterans Integrated Service Network, VISN 20.

Dr. Burger has served as the Acting Network Director since the retirement of Dr. Wm. Ted Galey, the previous Network Director. Dr. Burger had been the Clinical Manager for VISN 20. Prior to his appointment as Clinical Manager, he served for 33 years as a Medical Corps Officer in the United States Army, retiring as a Major General. His last assignment on active duty was the Commander, North Atlantic Regional Medical Command and Walter Reed Army Medical Center, Washington DC. Dr. Burger’s vast experience includes numerous academic, leadership, and upper level management positions.

In a message to employees, Dr. Burger states, “It is a reminder to me that it is the people in any organization who accomplish the tasks set before it. Promoting the happiness, success, quality of life, and professional development of the members of the organization is the surest way to guarantee success in accomplishing the mission. And so, as the Network Director, I pledge to you my complete support of you and your efforts to accomplish our tasks. I look forward to working with you in the months and years ahead.”

Source: VISN 20 News Release – September 3, 2002



# Federal Legislation

## Veterans Health care and Procurement Improvement Act of 2002

**H.R. 3645**

*Reforms VA health care procurement practices, expands access to VA health care services for Filipino World War II veterans, and provides additional dental services to former POWs.*

**Passed the House July 22, 2002; Pending in the Senate**

## Veterans and Survivors’ Benefits Expansion Act of 2002

**H.R. 4085**

*Increases disability compensation payments with a cost-of-living-adjustment (COLA), and expands benefit programs for veterans, their dependents and survivors*

**Passed by the House on May 21, 2002; pending in the Senate.**

## Department of Veterans Affairs Emergency Preparedness Research, Education and Bio-Terrorism Prevention Act of 2002

**H.R. 3253**

*Expands the Department of Veterans Affairs (VA’s) role in homeland security, creating new research centers to counter biological, chemical, and radiological terrorism.*

**Passed by the House on May 20, 2002; pending in the Senate.**

## Jobs for Veterans Act

**H.R. 4015**

*Reform veterans’ job training and placement programs in the Department of Labor through a new system of incentives and accountability.*

**Passed by the House on May 21, 2002; pending in the Senate.**

## POW Assistance Act of 2001

**S.1272**

*Requires a Federal court, in an action brought by any U.S. prisoner of war (POW) against a Japanese person seeking money damages for mistreatment or failure to pay wages in connection with labor performed for the Japanese person by the POW during World War II, to apply the applicable statute of limitations of the State in which the action was brought. Terminates such requirement ten years after the enactment of this Act.*

**Referred to the Committee on the Judiciary on June 18, 2002.**

## Veterans Long-Term Care and Mental Health Programs Enhancement Act of 2002

**S.2043**

*Extends through December 31, 2008, the period during which: (1) noninstitutional extended care services will be considered to be medical services required to be provided by the Secretary of Veterans Affairs to eligible veterans; and (2) the Secretary shall be required to provide nursing home care to veterans with service-connected disabilities.*

**Placed on Senate Legislative Calendar on August 1, 2002.**

## Veterans Hearing Loss Compensation Act of 2002

**S. 2237**

*Removes the requirement that a veteran’s hearing loss must be total in order to qualify for disability compensation, as long as the combination of hearing loss in both ears was the result of service-connected disability.*

**Placed on Senate Legislative Calendar on August 1, 2002**



# HATS OFF!



WDVA salutes **Al Little** of BPE Warehouse in Auburn. Little was presented the Worksource Veterans Outstanding Employer 2002 award because of his dedication over the last 13 years to helping and hiring veterans.

According to Beth Augustine, veterans services supervisor with WorkSource Auburn Affiliate, Little has been “burned more than 90% of the time, but keeps hiring the next one that we send him.”

“As long as a veteran has 1% of their heart into wanting to turn their life around, Al will give them a job and give them a break.”

Little served 31 years in the U.S. Army, retiring as a Chief Warrant Officer 4 in the Special Forces.

## BIKERS continued from page 1



(Photos 1,2,& 3) Riders are off on a trip to the top of Mt. St. Helen's and back to the fairgrounds for a BBQ.



(Photos 4 & 5) Assistant Director Alfie Alvarado-Ramos, accepted the donation during half-time and presented Club President Jeff Setters with a special Certificate of Appreciation.



(Photos 6 & 7) Veterans benefit providers were available throughout the day to answer questions and process claims.



Photo 9 courtesy of Mega Power Bill



(Photos 8 through 12) The races opening ceremonies included paying tribute to the nation's POW/MIA's, as well as raising the National colors .